

# Counseling and Psychological Services

## **Anxiety Toolbox**

### Spring 2022 | Tuesdays and Fridays, 1 PM

Anxiety Toolbox is a three-session virtual workshop for the many students who are interested in gaining readily accessible skills for managing anxiety. Through the workshop, students gain understanding about anxiety and learn skills to recognize and better address symptoms.

Each workshop is 45 minutes to an hour long, and the information builds on material from previous sections. Anxiety Toolbox is not a substitute for formal counseling and does not constitute mental health treatment.

To find out about registration, please consult with a CAPS clinician regarding referral. Students must commit to attending all three consecutive sessions in a section to register. Should you have any questions or need accommodations please contact [counsel@gwu.edu](mailto:counsel@gwu.edu).

Zoom link will be provided by the facilitator.

#### **Tuesdays at 1pm**

##### Section 1

January 18  
January 25  
February 1

##### Section 2

February 15  
February 22  
March 1

##### Section 3

March 22  
March 29  
April 5

#### **Fridays at 1pm**

##### Section 1

January 21  
January 28  
February 4

##### Section 2

February 18  
February 25  
March 4

##### Section 3

March 25  
April 1  
April 8

#### **COUNSELING AND PSYCHOLOGICAL SERVICES**

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